

New World Unfolding

How is the new world unfolding? What changes have you noticed? Some that I have noticed are time very sped up, being extremely busy, a dissatisfaction for people, many crisis' happening on a regular basis. How does one cope with these changes?

The information I have been receiving and using, is that we learn to actively create with the assistance of the universe. What I mean by this, is that we take time to connect with the universe, meditating and listening for answers. We get clear on what we want to create, I find there are many people who know what they don't want but are not real clear on what they do want in their lives. Make a list of how you want your life to look, where you want to be living, what you want to be doing. People often find it difficult to say this is what I want, because they look at their limitations. I don't want you to even be aware of your limitations when you do this exercise. The universe is vast and all seeing, it has the capability to assist you in many ways you have not even thought of. When you are clear, the universe is able to be clear with assisting you to create. When we are unclear, it is difficult for the universe to assist you as it is not sure what you want. For example, say I wanted to live in downtown Vancouver but my tricky mind says, I can't do that as it is too expensive. I can't afford it. The universe is very literal, it would interpret this request as live in downtown Vancouver, but too poor to afford it. What does this person really want, to be poor or to live in downtown Vancouver. The universe is not able to make decisions for us, it will do it's best to create what you have put out. Now if you were to be clear and say I live in downtown Vancouver in a two bedroom apartment that is less than 5 years old and give a price range you are able to afford, the universe can then go about assisting you to find the deal of the decade. We have all heard stories of incredible deals people have received.

When our affirmation or request does not seem to be working, we need to look at what other believes we have standing in our way. If you make this request but say to yourself inside, this is never going to happen, what hogwash! Guess what the universe will interpret that literally and will assist in making sure it doesn't happen.

There is a new video out called *The Secret*, that is all about the laws of attraction and creating our world. You can see the trailer for the movie at <http://thesecret.tv>

The movie is available on video and can be purchased at many local bookstores or on the internet.

Taking time to consciously create your world is one of the most powerful gifts you can give yourself at the moment. There are many good books on affirmations and creating your world. There are a few listed on my website at www.eraoftherebel.com.

The world is changing and we are evolving as human beings, one will shortly be no longer able to get by living life in an unconscious manner. I cannot stress enough the value of learning to be in charge of and creating your life as you want it to be. If we are not creating consciously, then we are creating unconsciously and have no idea what it is we are creating, only the results of what we have created.



Janice Smith is a personal empowerment coach
And author of *Era of the Rebel Embracing Your Individuality*

Assisting You to Conscious Living!



Caring For Self in Today's Busy World

Most of us are very busy these days, how do we
find time to care for ourselves?

Janice Smith, author of *Era of the Rebel, Embracing Your Individuality*, will
talk about self care in today's world.

The world is changing rapidly and what may have worked in the past, doesn't
hold true now.

What new information do we need in order to remain healthy and experience
peace and joy?

Finding our centre, finding our guide!
Learn to take the control back in your life!

Join **Janice Smith**

Wednesday November 22, 2006

7:00pm. – 8:30pm.

By Donation

West Vancouver Memorial Library, J. Peters Room.

1950 Marine Drive, West Vancouver

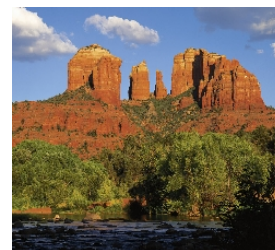
There will be coaches available at the end to answer questions you may have.
For more information call 604-921-2882.



Yelapa, Mexico

The fall retreat in Yelapa Mexico was a wonderful learning experience. The food prepared by Atonia, our casa host, was out of this world. All the food was fresh and gourmet Mexican. The food alone is worth the visit to Casa Milagros in Yelapa.

Spring 2007, Sedona Arizona Retreat



We are in the preparation stages for the spring retreat in Sedona Arizona, last year's retreat in Sedona was an amazing experience for all. As we prepare for next spring's retreat, it would be great to have an idea of how many people are interested in attending spring 2007. If you have thought you'd like to give it a go or wish to return again this year, please email me at info@eraoftherebel.com and I will put you on the mailing list for updates. At the moment it looks like we will be going the 3rd weekend in March for likely 5 nights. I won't know the exact price till I decide on numbers and find a house that will work.



Xmas Special

Share what you've learned with friends and family. I have gift certificates available for \$35.00, good for a 30 minute reading or session. These will be available till Christmas eve and are good for up to six months. These will not be valid for ongoing sessions, they are more samplers that you can purchase for family and friends, to move them forward on their pathways!

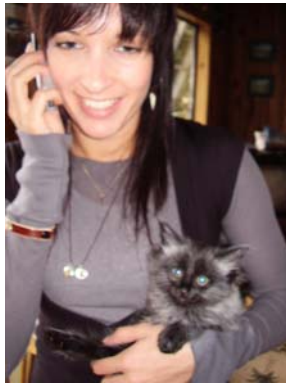
Coaching

Coaching is available to assist you in making changes. Sometimes it is difficult to make the changes we wish to on our own, coaching is an avenue to assist you until you are able to live the changes on your own. If you need more direction in your life to find your pathway, give Janice a call at 604-921-2882



I am looking at creating a beginner's coaching class in the late fall or very early next year. If you are interested please let me know. The advanced coaching class that was just held, was a major success. The first coaches will graduate in early November. It has been a great time of learning and growing.

Life is always about the growing, not the mistakes!
info@eraoftherebel.com or call 604-921-2882.



Shauna is new to our team. She is assisting with office work and scheduling. She is also writing a column aimed towards those in their 20's and 30's.

Growing up with a mother like mine, you take for granted the power and necessity of positive thought. Over the years, certain ways of living have become like breathing, effortless and ingrained in our very beings. One of these ways of living is a realization that each of us is in control of our own lives. We are the director of our own personal "life movie" and everything which seems to happen "to us" is actually something we have asked for and created. Knowing this and embracing it allows us to take charge so to speak and to create all of the things we never thought possible.

For me, one way I try to stay on top of this and the inevitable stresses of life, is to do "affirmations" - small doses of positive thought daily, to keep me on track and remind me that this world is only trying to teach me through my trials, it's purpose is not to "keep me down."

The power of positive thought is one of the most logical teachings I have ever received and it shows me its benefits time and time again. One of the best things about doing affirmations is that the results can be life altering and no one even knows you are doing them! They are like a secret weapon to help navigate this crazy world we have created.

You are probably thinking ok I get it, I get it, positive thought is good, but how the heck do I utilize it?

You have to start by making sure you are having positive "self thought," that you are spending some time with yourself daily (even if it is in the shower.) Time where you stop beating yourself up and start inserting some "happy" thoughts. For example, you could silently repeat: "I love myself, I am beautiful or I love myself, I am an abundance of knowledge."

At first you may feel a little bit silly and it may take some time for you to actually believe what you are telling yourself. Eventually though, all of these positive thoughts will turn your conscious against your subconscious and you will finally be "in charge." From there, you can create all kinds of things, the perfect job for you, a new car or maybe even the relationship of your dreams?

All that you need to create your own affirmation is a realization of what you want in life (this can be the most difficult part by far), to create a positive in the "now" statement of what it is you want and believe you are able to create it. Some examples of positive in the now statements would be, "I am now happy and healthy", "I am clear and concise, I now get my points across with ease" or "I am extremely talented at what I do, my talents are now recognized and rewarded"

Everyone's personal goals and issues are different of course, therefore their affirmations should be also but I find it easiest to start small and go from there. As you start to see these positive thoughts working in your everyday life, you will gain the confidence to ask for even bigger and more life altering things. When starting yourself off, you should try writing your affirmations on paper, note style, until you are comfortable with the process. Then eventually, you can begin to just repeat them to yourself and see the way you once viewed things begin to change. Where the world once seemed to be working against you, it will now be working for you. You will no longer find the need to blame other people or things for the happenings in your life but will instead find comfort in knowing that you have a secret tool which can change all of that.....YOU!!!

Once you have the power of positive thinking on your side, literally nothing can stop you from living your dreams. My advice is start affirming today, grab a pen and paper and take charge. Create your life!